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For Immediate Release

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Contours Express Relocates to Lake Town Center

Mount Dora, Florida – Contours Express relocates to Lake Town Center in Mount Dora. Contours Express located at 18848 US Hwy 441 in Mount Dora has relocated to 3731 Lake Center Drive offering better fitness to women with a 29-minute customized strength-training circuit workout. The club has five new pieces of equipment along with tanning and massage. There will be grand re-opening specials, the WOW individual workout program and scheduled support group for weight loss and health concerns.

Lake Town Center is located between County Road 19A and Eudora Road on Lake Center Drive in Mount Dora. Upon completion of Lake Town Center, the business park will consist of four buildings totaling 75,000 square feet. Commerce Park Investments is the developer of Lake Town Center and is a privately-held corporation that specializes in development of business and commerce parks. CPI has developed over 500,000 square feet of new business parks in Lake County.